

## CLAIMS

1. A cooking apparatus, comprising:

a) a burner having a frame that includes a base for engaging an underlying support surface, the frame having a  
5 burner element for generating a high intensity flame for use in cooking the burner frame having a support surface for cradling a pot;

b) a pot that includes a generally flat bottom portion, a generally cylindrically shaped continuous  
10 sidewall and a generally cylindrically shaped interior;

c) the support surface supporting the bottom portion of the pot;

d) the frame further including a vertical member, the vertical member being connected to the frame, extending  
15 above the bottom portion of the pot, and being generally parallel to the sidewall of the pot; and

e) the vertical member restricting a range of lateral pot movement during use of the cooking apparatus such as when a food to be cooked is inserted into or removed from  
20 the pot.

2. The cooking apparatus of claim 1, wherein the base is a circular ring portion of the frame.

3. The cooking apparatus of claim 1, wherein the vertical member comprises a ring.

25 4. The cooking apparatus of claim 1, wherein the vertical member comprises a plurality of struts.

5. The cooking apparatus of claim 4, wherein each strut includes a first strut portion, second strut portion, and a third strut portion, the first strut portion of each  
30 strut being generally parallel with the bottom portion of the pot, the second strut portion of each strut extending in a generally vertical direction from the second strut portion, the third strut portion extending downwardly from the second strut portion.

35 6. The cooking apparatus of claim 1, the vertical

member including a plurality of struts, each strut comprising multiple strut portions and an upper ring.

7. The apparatus of claim 4, wherein at least some of the strut portions extending above the pot support surface  
5 and restricting a range of lateral pot movement during use.

8. The cooking apparatus of claim 4, wherein there are three circumferentially spaced apart radially extending struts that are spaced about 120 degrees apart.

9. The cooking apparatus of claim 1, further  
10 comprising a food holder that fits inside the pot interior, the food holder having a base portion that registers against the bottom of the pot and a vertically extending portion that enables a user to lift the food holder.

10. The cooking apparatus of claim 9, further  
15 comprising a horizontally extending portion that is connectable to the food holder and that is sufficiently wide that a user can grip the horizontally extended section with his or her hand or hands.

11. The cooking apparatus of claim 1, further  
20 comprising a lower ring that defines at least in part the base.

12. The cooking apparatus of claim 1, wherein the base is a circular ring portion of the frame.

13. A cooking apparatus, comprising:

25 a) a burner having a frame that includes a base for engaging an underlying support surface, the frame having a burner element for generating a high intensity flame for use in cooking; the burner frame having a support surface for cradling a pot;

30 b) the pot including a generally flat bottom portion and a generally cylindrically shaped continuous sidewall;

c) the frame further including a projecting member, the projecting member being connected to the frame, extending above the support surface for cradling the pot,  
35 and being generally parallel to the sidewall of the pot; and

d) the projecting member restricting a range of lateral pot movement during use of the cooking apparatus such as when a food to be cooked is inserted into or removed from the pot.

5        14. The cooking apparatus of claim 13, wherein the base is a circular ring portion of the frame.

15        15. The cooking apparatus of claim 13, wherein the vertical member comprises a ring.

10        16. The cooking apparatus of claim 13, wherein the vertical member comprises a plurality of struts.

15        17. The cooking apparatus of claim 16, wherein each strut includes a first strut portion, second strut portion, and a third strut portion, the first strut portion of each strut being generally parallel with the bottom portion of the pot, the second strut portion of each strut extending in a generally vertical direction from the second strut portion, the third strut portion extending downwardly from the second strut portion.

20        18. The cooking apparatus of claim 13, the vertical member including a plurality of struts, each strut comprising multiple strut portions and an upper ring.

25        19. The apparatus of claim 16, wherein at least some of the strut portions extending above the pot support surface and restricting a range of lateral pot movement during use.

30        20. The cooking apparatus of claim 16, wherein there are three circumferentially spaced apart radially extending struts that are spaced about 120 degrees apart.

35        21. The cooking apparatus of claim 13, further comprising a food holder that fits inside the pot interior, the food holder having a base portion that registers against the bottom of the pot and a vertically extending portion that enables a user to lift the food holder.

      22. The cooking apparatus of claim 21, further comprising a horizontally extending portion that is

connectable to the food holder and that is sufficiently wide that a user can grip the horizontally extended section with his or her hand or hands.

23. The cooking apparatus of claim 13, further  
5 comprising a lower ring that defines at least in part the base.

24. The cooking apparatus of claim 13, wherein the base is a circular ring portion of the frame.

25. A cooking apparatus, comprising:

10 a) a burner having a frame that includes a base for engaging an underlying support surface, the frame having a burner element for generating a high intensity flame for use in cooking the burner frame having a support surface for cradling a pot;

15 b) a pot that includes a generally flat bottom portion, a generally cylindrically shaped continuous sidewall and a generally cylindrically shaped interior;

c) the support surface supporting the bottom portion of the pot;

20 d) the frame further including a projecting member, the projecting member being connected to the frame, extending above the support surface for cradling the pot, and closely tracking the sidewall of the pot; and

e) the projecting member restricting a range of  
25 lateral pot movement during use of the cooking apparatus such as when a food to be cooked is inserted into or removed from the pot.

26. The cooking apparatus of claim 25, wherein the base is a circular ring portion of the frame.

30 27. The cooking apparatus of claim 25, wherein the projecting member comprises a ring.

28. The cooking apparatus of claim 25, wherein the projecting member comprises a plurality of struts.

29. The cooking apparatus of claim 28, wherein each  
35 strut includes a first strut portion, second strut portion,

and a third strut portion, the first strut portion of each strut being generally parallel with the bottom portion of the pot, the second strut portion of each strut extending in a generally vertical direction from the second strut portion, the third strut portion extending downwardly from the second strut portion.

30. The cooking apparatus of claim 25, the projecting member including a plurality of struts, each strut comprising multiple strut portions and an upper ring.

31. The apparatus of claim 28, wherein at least some of the strut portions extending above the pot support surface and restricting a range of lateral pot movement during use.

32. The cooking apparatus of claim 28, wherein there are three circumferentially spaced apart radially extending struts that are spaced about 120 degrees apart.

33. The cooking apparatus of claim 25, further comprising a food holder that fits inside the pot interior, the food holder having a base portion that registers against the bottom of the pot and a vertically extending portion that enables a user to lift the food holder.

34. The cooking apparatus of claim 33, further comprising a horizontally extending portion that is connectable to the food holder and that is sufficiently wide that a user can grip the horizontally extended section with his or her hand or hands.

35. The cooking apparatus of claim 25, further comprising a lower ring that defines at least in part the base.

36. The cooking apparatus of claim 25, wherein the base is a circular ring portion of the frame.